

# *Cogman's Restaurant*

## **A la Carte Menu**



### **Welcome**

All our meals at Cogman's Restaurant are freshly prepared, so please allow us some time for preparation.

Our restaurant is Halaal friendly.

The beef, lamb and chicken products are sourced from a certified Halaal butcher.

All pork products are prepared, cooked and served from a separate kitchen.

Please note certain dishes may contain alcohol (A).

# Starters

## **Beef Carpaccio**

Slivers of beef fillet, wild rocket, pickled mushrooms and caper berries

**75.00**

## **House Salad (V)**

Crisp garden greens, bean sprouts, cherry tomatoes, feta cheese, olives, cucumber and onion rings with a vinaigrette dressing

**65.00**

## **Vietnamese Spring Rolls (V)**

Seasonal stir-fried vegetables in a crispy pastry, served with ginger sweet chilli sauce

**50.00**

## **Chicken Roulade**

Chicken breast rolled with spinach, ricotta cheese and deep-fried parsley, partnered with fresh garden greens and a cumberland sauce

**75.00**

## **Crumbed Mushrooms (V)**

Crumbed mushrooms with blue cheese and garlic sauce

**60.00**

## **Peri-Peri Chicken Livers**

Pan fried chicken livers in a peri-peri sauce, with freshly baked garlic roll

**60.00**

## **Calamari**

Lightly floured calamari goujons with tartar sauce and french fries

**68.00**

## **Soup of the day**

Ask your waitron

**55.00**

# Mains

## **T-Bone 500g**

Juicy aged T-bone steak served with seasonal vegetables, french fries and a sauce of your choice

**175.00**

## **Tornados of Beef (A)**

Grilled fillet of beef accompanied by rosti potatoes and a rich cabernet jus

**150.00**

## **New York Sirloin**

300g Matured Sirloin, accompanied by seasonal vegetables, drizzled with green pepper sauce and served with rustic chips

**150.00**

## **Avalon Gourmet Burger**

Your choice of beef, chicken or veggie served with deep fried onion rings, cheese slice, rustic chips and all the trimmings

**99.00**

## **Bobotie**

Lightly curried beef mince, savoury egg custard, basmati rice and homemade peach chutney

**115.00**

## **Cheddar Melt Schnitzel**

Crumbed chicken breast, sliced cheddar, topped with cheese sauce and served with rustic chips

**110.00**

## **Lamb Shank**

Braised lamb shank, served with roast butternut mash and a rosemary jus

**175.00**

# Continued ...

## **Pork Spareribs**

600g Belly ribs, homemade sticky basting sauce and rustic chips

**165.00**

## **Oxtail (A)**

Braised oxtail in a rich jus, served with traditional mash

**165.00**

## **Pasta Bolognese (A)**

Ground beef, in a rich tomato and herb based sauce,  
served with your choice of spaghetti or penne

**95.00**

## **Pasta Arabiatta (V)**

Spicy tomato and herb sauce, basil and pecorino shavings,  
served with your choice of spaghetti or penne

**85.00**

## **Vegetarian Moussaka (V)**

Layered roast aubergine, portabellini mushrooms, chickpeas and lentils,  
with a rich béchamel

**120.00**

## **Hake & Chips**

Classic battered hake fillet, rustic cut chips and tartar sauce

**95.00**

## **Catch of the day**

Pan fried linefish with herbed potato crust, carrot and zucchini ribbons,  
served with a tomato butter

**165.00**

## **Confit Chicken**

Chicken poached in its own juices served with a honey ginger jus and barley risotto

**99.00**

# Dessert

## **Crème Caramel**

Classic baked vanilla and orange custard with caramelised sugar

**50.00**

## **Malva Pudding**

Traditional South African dessert, served with custard or ice cream

**55.00**

## **Ice Cream Sundae**

Trio of ice cream topped with honey, chocolate sauce,  
sprinkled with nuts and chocolate shavings

**55.00**

## **Vanilla Ice Cream**

Classic vanilla ice cream drizzled with homemade chocolate sauce

**50.00**

## **Cheesecake**

Homemade cheesecake served with cream or ice cream

**55.00**

## **Lemon Meringue**

Lemon infused custard, topped with fluffy meringue

**45.00**

# Kids' Menu



All our kids' meals include a kiddies' ice cream  
and chocolate sauce.

The menu is not for sale to adults.

Dads to please be patient and leave the kids' meal alone.

Margarita Pizza  
Chicken Strips and Chips  
Fish Fingers and Chips  
Kids Burger and Chips  
Macaroni and Cheese  
Spaghetti Bolognese

**R65.00**

# *Cogman's Restaurant*

## *Wine list*

All our wines at Cogman's have been sourced from farms in the local areas of

Ashton  
Bonnievale  
Montagu  
Robertson  
Worcester

Most of the farms are found within a 30 km radius  
from Avalon Springs

Wine Route Maps are available at Reception

## *SPARKLING WINES*

Van Loveren Papillion Brut R135.00

A dry sparkling wine with whiffs of citrus, peach and apple and a succulent, dry finish.

Du Toitskloof Brut R170.00

Crisp and dry sparkling wine with grassy, gooseberry and tropical flavours.

Du Toitskloof Vin Doux (Red) R170.00

Full flavoured, sweetish sparkling Vin Doux, with flavours of strawberry and raspberry

Bon Courage Blush R135.00

A delectable pink carbonated sparkling wine

## *WHITE WINE*

Van Loveren Sauvignon Blanc R125.00

Elegant on the palate, gooseberry & green fig character

Montagu Chenin Blanc R100.00

Vibrant, tropical with fruit aromas

Du Toitskloof Chenin Blanc R115.00

Medium bodied with citrus, nettle and honeyed tones and a soft, off-dry finish

Van Loveren Pinot Grigio R120.00

A fruit-driven wine with aromas of white pear and honey.

Du Toitskloof Crisp White R100.00

A fresh, vibrant dry white wine made from selected grape varieties



## WHITE WINE Cont.

### Es La Vida Blanca

R95.00

A wine made from white Muscadel grapes. Fresh and fruity, light and crisp, off dry with light sparkle that dances on the palate

### Es La Vida Rosa

R95.00

A wine made from red muscadel grapes. Fresh and fruity, light and crisp, off dry with light sparkle that dances on the palate

### Montagu White Muscatel

R125.00

## ROSE WINES

### Bonnievale Dusk

R110.00

Delicate pink, lightly fizzed & fruity

### Du Toitskloof Fragrant Rose

R115.00

A perfumed and fruity rose wine crafted from grapes specially selected to capture the unique flavours

## SPECIAL BLEND WINES

### Van Loveren Daydream Chardonnay Pinot Noir

R135.00

Chardonnay contributes elegant and crisp acidity whilst the Pinot Noir brings intensity and richness

### Du Toitskloof Pinotage Rose

R145.00

Beautiful colour from a carefully monitored period on the grape skins. Raspberry, strawberry and red-berry flavours carry through to a perfectly balanced palate

## RED WINE

<b>Arabella Shiraz</b>	<b>R125.00</b>
Aroma's of vanilla and mocha, flavours of liquorice and ripe black cherries	
<b>Du Toitskloof Cabernet Sauvignon/Shiraz</b>	<b>R135.00</b>
Rich and medium-bodied with juicy black berries and ripe red berries, laced by mint, pepper and spice	
<b>Excelsior Cabernet</b>	<b>R140.00</b>
Aroma's of blackcurrants & plum, sweet fruit flavoured & medium bodied	
<b>Du Toitskloof Cabernet Sauvignon</b>	<b>R160.00</b>
Full-bodied wine with black currant, cassis and spices from spending ten months in wood. Supple tannins leads to a lingering, savoury finish	
<b>Ashton Pinotage</b>	<b>R130.00</b>
Rich coffee and mocha, with a scent of chocolate	
<b>Van Loveren African Java Pinotage</b>	<b>R155.00</b>
Oak matured with vibrant plum and ripe berry fruit on the palate. This wine has an intense aroma of roasted coffee beans followed by a smokey mocha-java aftertaste	
<b>Du Toitskloof Pinotage/Merlot/Ruby Cabernet</b>	<b>R135.00</b>
A well-rounded, medium-bodied wine with inviting raspberry, ripe red berry flavours and hints of spice and dried banana	
<b>Van Loveren Merlot</b>	<b>R110.00</b>
Wooded, soft strawberry and vanilla tones	

## *RED WINE Cont.*

Bayede! The Prince Merlot R135.00

Complex, spicy flavours of ripe fruit, cherry, blackberry and pear aroma with roasted apices with a beautiful vanilla oak finish

Du Toitskloof Robust Red R115.00

A plush, juice and fruity-driven red wine made from specially selected grape varieties

Montagu Red Muscadel R125.00

Aromas of fresh apple, litchi & subtle raisins